Lake Oswego Soccer Club Soccer Coaching Information

Session Content by Age Group

These are general recommended time increments and you can adjust them depending on your group and the stage of the season.

KG – Session Length 1 hour
45 Minutes of soccer games 15 Minute Scrimmage

Grade 1 – Session Length 1 hour
45 Minutes of soccer games 15 Minute Scrimmage

Grade 2 – Session Length 1 hour
45 Minutes of soccer games 15 Minute Scrimmage

Grade 3 – Session Length 1 ¼ hour
35 Minutes of soccer games 20 Minutes session 20 Minutes Scrimmage

Grade 4 – Session Length 1 ¼ hour
35 Minutes of soccer games 20 Minutes session 20 Minutes Scrimmage

Grade 5 – Session Length 1 ½ hour
30 Minutes of soccer games 30 Minutes session 30 Minutes Scrimmage

Grade 6 – Session Length 1 ½ hour
30 Minutes of soccer games 30 Minutes session 30 Minutes Scrimmage

Grade 7 – Session Length 1 ½ hour
30 Minutes of soccer games 30 Minutes session 30 Minutes Scrimmage

Grade 8 – Session Length 1 ½ hour
30 Minutes of soccer games 30 Minutes session 30 Minutes Scrimmage

HS Rec – Session Length 1 ½ hour
30 Minutes of soccer games 30 Minutes session 30 Minutes Scrimmage

DIRECTORS Mortgage

This is not a commitment to lend.
NMLS-3240, CL-3240
EQUAL HOUSING OPPORTUNITY
BBB ACCREDITED BUSINESS A+ Rating